

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JANUARY 14, 2005

Basketball opens at K-Bay

CSSG-3 shakes up 1/12, 48–23

Sgt. Jereme L. Edwards
Combat Correspondent

Combat Service Support Group 3, under the leadership of Coach Juan Reyna, managed to start their season off on a winning step by shaking up the 1/12 Bulldogs, 48–23, Monday night at the Semper Fit Center in the opening games of the 2005 Intramural Basketball season.

The two teams faced off center court for the tip off. The first few minutes were marred with fouls and turnovers and many mistakes on both sides, but when the teams got warmed up it was nothing but real basketball.

CSSG-3 struck the first few blows when center Juan Reyna tipped in a wild rebound to score the first two-points of the game. Only moments later, forward Lonnie Thomas scored the second with a graceful lean-away jump shot from just inside the key. When Thomas scored another two-points off of a pass from teammate, forward Devaill McCoy, the score settled at 6–0, CSSG-3.

CSSG-3 tried to continue the onslaught as forward Jerry Robertson broke for the basket but was fouled, subsequently sinking two from the line, bringing the score to 8–0, CSSG-3.

Bulldogs Brian Davis and Anthony Ragusa began to make their move to keep the score close and their team alive. Davis moved hard through the paint to score two points for his team and just moments later, Ragusa scored too, by sinking a hook shot over his defender, bringing the score to 8–4.

In response to the Bulldogs attempt at

See CSSG-3, C-6



Sgt. Joseph A. Lee

Forward Lonnie Thomas, Combat Service Support Group 3, personally delivers an air-mail package to the hole, Monday night as his team toppled the Marines from 1st Battalion, 12th Marine Regiment in the opening night of intramural basketball.

VP-47 claims victory over HSL-37, 44–34

Sgt. Jereme L. Edwards
Combat Correspondent

Patrol Squadron 47, dubbed “Terror Squad,” claimed victory over Helicopter Antisubmarine Squadron Light 37, “EZ-2”, 44–34, Tuesday night at the Semper Fit Center in the opening games of the 2005 Intramural Basketball season.

Both teams showed their intensity and desire to be victor during the first 18-minute half. The teams darted up and down the court scoring point after point at dizzying speeds.

However, with two-minutes left in the half the audience noticed the Terror Squad began change the momentum of the game. With less than 40 seconds on the clock both teams missed some key passes, which could have tipped the scale in the favor of either team, and a missed three-point attempt by EZ-2 gave Terror Squad all the vantage they needed. With mere seconds on the clock, the rebound from a missed three-pointer flung down court to power forward Michael Maxwell for a magnificent slam with no time to spare ending the half at 18–21 Terror Squad.

The onslaught began as the second half opened, when Terror Squad’s center Scott Sabau missed a two-pointer, but got the tip-in by another Terror Squad power forward, Marquis Ball, to bring the score to 27–18. However, EZ-2’s point guard, Josh Hanes answered right back with a beautiful three-pointer.

Sabau worked his way down court and lined up for the three-pointer, but it bounced out of the bucket. Fortunately, Maxwell was right there to catch the rebound and score the easy two. But Hanes, unwilling to let the Terror Squad pull too far ahead, drove through the lane for the lay up. When the shot rimmed out, EZ-2 point guard Howard Johnson was there to rescue the shot and bring the score to 23–29 Terror Squad, with 15 minutes left on the clock.

For the subsequent two minutes, there was a series of turnovers and failed attempts at putting rock in the bucket until Terror Squad’s point guard, Keith Morgan, got hacked mid shot and was given two shots from the charity strip. After sinking both, the score was brought to 31–23.

Maxwell continued to widen the lead. Less than a minute later he brought the rock into the paint and executed a wing cross-over, shaking the defense and nearly breaking their ankles, to sink a beautiful fade away for two more bringing the score to 23–33, Terror Squad.

On the other end of the court Maxwell tried to continue his onslaught by stripping the ball but committed a foul and sent EZ-2’s forward Brandon Cossfelt to the line. Unfortunately, he was only able to put one away, making it 24–33.

The Terror Squad offense kept on attacking as Morgan dished a pretty pass to Maxwell in the paint for two. Morgan then stripped the ball drove in the lane and got his team two more making it 24–37 with a little over nine minutes left in the game.

As the clock began to run down, EZ-2, led by Johnson, made an attempt to mount a comeback by scoring ten points in a little more than three minutes, raising the score to 34–39.

However, the comeback came too late as late-game foul trouble helped keep the upset out of reach. Terror Squad’s Sabau broke to the hole to sink a two-pointer and drew the foul making a pretty three-point play. A turnover on the other end once again put the ball in the hands of Sabou, who managed to score another two-points that finished the game at 34–44, Terror Squad.

“I thought it was a great game. There was an excellent effort put forward by both teams,” said Terror Squad point guard Brian High. “I’m my own worst critic. I believe we did well today, and I look forward to watching as we progress.”



Sgt. Joseph A. Lee

Center Scott Sabau, VP-47, rises above the crowd to make one of many jump shots during Monday’s intramural basketball game.



Cpl. Michelle M. Dickson

Lee Crisp III (right), a platoon sergeant with 2nd Battalion, 3rd Marine Regiment, spars during practice with his coach Wilfred Davis.

Boxer to spar in state competition

Cpl. Michelle M. Dickson
Combat Correspondent

As a small child, the Laurel, Miss., native had been interested in martial arts and other activities. The small-town boy always had one dream — it seems all boys have at one time or another at that age — to be a boxer.

Many years later, that boy is now a platoon sergeant with Fox Company, 2nd Battalion,

3rd Marine Regiment, is chasing his dream through the All-Marine Boxing Team.

“I had made the team for a year already, but since I’ve been stationed out here, it has been really difficult trying to find the time to train,” said Lee Crisp III. “But if I make it in the fight this weekend, I’ll advance to the nationals in March, which are being held in Colorado Springs,

See BOXING, C-6

Military teams excel in outdoor Adventure Race

John O’Malley
U.S. Pacific Command

KAAAWA, Hawaii — A surge of adrenaline, teamwork, a swift rappel, not to mention the breathtaking terrain of Hawaii; what more could any adventure racer dream of? Six MCB Hawaii Marines experienced this and plenty more during Adventure Race Hawaii’s Race #2 Dec. 19 on the island of Oahu.

Despite the heavy toll that recent deployments have taken on Hawaii’s military population, U.S. service members had a strong turnout and solid performances. The eleven military teams competing clinched two top-three finishes in two different divisions, including first place overall. Superb physical conditioning, proficiency in basic warrior skills and precision planning were some of the key factors contributing to this success.

The MCB Hawaii teams were: Team 1, consisting of Kevin D. McCollough of Headquarters Battalion, S-3 and Jason R. Jones of Headquarters Battalion S-1. Team 1 finished 3rd overall and 2nd in

the military team division. Team 2, consisting of James S. Connelly, commanding officer of Headquarters Battalion, and James S. Prislin, Headquarters Battalion executive officer. Lisa M. Parrott and David J. Pangelinan of Base Properties made up Team 3.

Billed as a 4–6 hour sprint event, the race was staged at Oahu’s famous Kualoa Ranch, filming location of “Jurassic Park.” Race disciplines included mountain biking, trail running, kayaking, land navigation, ropes, and various team-building events.

Following a “mystery” team-building event, racers immediately transitioned to mountain bikes and moved to the first few checkpoints at the Kualoa Beach Park. There, the 24 teams entered the warm Pacific Ocean waters in either ocean kayaks or outrigger canoes, paddling to checkpoint three on “Chinaman’s Hat” (Mokolii Island), one of Oahu’s most treasured



Photo Courtesy of Twain Newhart

Kevin D. McCollough, Headquarters Battalion S-3 Officer, races downhill to the next segment of the Adventure Race held Dec. 19.

landmarks. The open water leg of the race culminated “underwater,” where one team member had to snorkel and dive to a submerged checkpoint.

After 2.3 miles of paddling, the competitors began an extremely challenging

See ADVENTURE, C-6

BASE SPORTS

January 14/ Friday

Youth Bowling Leagues Now Registering — Pee Wee Bowling Leagues for kids ages 4 to 6 and Junior Bowling Leagues for those 7 to 21 are now forming. Leagues run from Jan. 8 through May 28, and offer an excellent opportunity for kids to learn bowling fundamentals. The Pee Wee Bowling League features two games per week for 16 weeks. Registration is \$29 (includes prepayment for the weeks of Jan. 8 and 15, and May 21 and 28 and \$5 sanction fee). The cost per week is \$6. All fees include shoes and ball.

The Junior Bowling League includes three games each week for 20 weeks. Returning bowlers register for \$32, new participants can enroll for \$42 (includes prepayment for the weeks of Jan 8 and 15, and May 21 and 28, and sanction fee. The weekly fee is \$10 and also includes shoes and a bowling ball. For more infor-

mation and to register, call the K-Bay Lanes Bowling Center at 254-7664.

Pro Bowl Tickets On Sale at Information, Tickets and Tours — Grab your Pro Bowl tickets now, while they're hot, and available. It's first come, first served, so be sure to be there when ITT opens at 9 a.m. Ticket prices range from \$37 to \$103 depending on seating. Call the ITT office to secure your Sunday-funday at the Pro Bowl at 254-7563.

17 / Monday

Intra m u r a l Baseball Starts — Start building 2005 Commander's Cup points now. If you haven't registered your team, contact the MCCS Athletic office at 254-7591. If you can't join 'em, cheer 'em on.

Bowling Lanes Closed for Lane Resurfacing — K-Bay Lanes will close its lanes for one week, until Jan. 21, for lane resurfacing. The snack bar will remain open for nor-

mal operating hours. Call 254-7664 for further information.

22 / Saturday

Free Surf Contest — The 2005 Hawaii Armed Services Athletic Counsel (HASAC) inter-service surf championship will be held Jan. 22-23 at the Waianae Recreation Center. Competition is free.

Eligibility for males includes active duty Marines and Sailors assigned to MCB Hawaii. Female eligibility includes active duty Marines and Sailors, or female spouses of active duty Marines or Sailors assigned to MCB Hawaii.

Team composition is 2 people (6 men open, 3 senior, 3 women). Categories include:

Men's Open (30 years old and below as of Jan. 22)
Short board (7' 11" and below)
Long board (8" +)

Men's Senior (31 and over as of 22 Jan 05)
Short board (7' 11" and below)
Long board (8" +)

Women's Open (all ages)
Short board (7' 11" and below)
Long board (8" +)

All surfers must have their own equipment. Surfboards will not be issued.

Those interested should contact MCCS Athletics at 254-7590 for more information.

27 / Thursday

Blood Donor Program Display at Anderson Hall — From 11 a.m. until 1 p.m., MCCS Health Promotions will host a Blood Donor Program display at Anderson Hall. Understand the benefit of giving blood, and the how it might even end up saving you someday.

Call MCCS Health Promotions at 254-7636 for more information.

28 / Friday

HQBN Surf & Turf 5K Run Early Registration Deadline — One of the island's most scenic races is right around the corner. Have you registered yet? Guarantee yourself a spot and T-shirt by registering now. Call 254-7590 and we'll see you at starting line.

Ongoing

Campground & Picnic Sites — For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase Beach, are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping. All beaches have picnic pavilions and barbecue grills.

Reservations are required. For reservations, call 254-7666 for Kaneohe, or 477-5143 for Camp Smith.

Semper Fit Center Offers it All — The Semper Fit Center has an aerobic class for anyone and everyone trying to meet that New Year's resolution. Check out as many of the following programs as you would like; Yoga, Cycling, Tai Chi, cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and many more.

Call the Semper Fit Center at 254-7597 for class information.

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the Base Marina, the charter contractor now has two

different boats to accommodate all of your fishing needs. Check out its newest boat, the Bill Collector, built for charter fishing at its finest and most comfortable. Call 254-7667 for more information.

Inexpensive, Fun Entertainment — Look no further for economical entertainment, as Mondays – Thursdays, E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game. This discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

Call the K-Bay Lanes now to get the spin at 254-7693.

Paintball Hawaii — Nestled behind the Lemon Lot, by the intersection of Harris Road and Mokapu Road, stands Paintball Hawaii. Shoot over for the great deals and have a blast with your friends.

Cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee. Players can purchase paint at the field from \$45 – \$50 for a case of 2,000 balls. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283 for Friday appointments.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

For details, call 235-6585.

Junior Lifeguards — The base pool is currently offering Junior Lifeguard instruction for the youth at MCB Hawaii.

Contact the Base Pool at 254-7655.

Youth leagues keep kids active, healthy

Press Release MCCS Marketing

MCCS Youth Activities is currently registering youth for array of sports programs for youth of all ages and abilities. Baseball (HSYL and Kainalu Little League), wrestling, volleyball, and in-line hockey are all available.

"We try to offer sports that benefit both team, as well as individual competition," stated David Kawada, Youth Activities Program Manager.

Leagues are open to dependents of all active duty, reservists, National Guard and DoD civilian employees. The Hawaii Youth Sports Baseball League is open to those born

between 1986 and 1999, and involves T-Ball, Coach Pitch and Regular Pitch formats for the different age groups. The league runs from March through May, and costs \$40 for Youth Activities members, and \$50 for nonmembers. The HYSL also offers a Softball league for girls of the same age group.

A Rookie Baseball league is open for youth ages 5 through 8, for only \$10 for youth Activities members, or \$20 for nonmembers. The league is an introduction to baseball that utilizes a pitching machine.

The Kainalu Baseball Little League is for youth ages 7 through 10 (as of July 31). The league runs from March through June. Call Youth

Activities for cost information.

The Kaneohe Bay Wrestling Club (of USA Wrestling) is looking for a few good kids for Freestyle/International Wrestling competition. The divisions are divided by birth year and weight.

Set and spike your way into Youth Volleyball available from Youth Activities through the Police Activities League. Youth ages 7 through 16 (as of Aug. 1) are invited to this league that runs March through June. Only \$30 for members, and \$55 for nonmembers, this league is a great deal.

The cost to join Youth Activities is

See YOUTH, C-6

COMMUNITY SPORTS

HTMC to Hike Makapuu Point Saturday

This short, 2-mile, novice hike allows adventurers to clamber along the headland of Makapuu to visit the site of the automated lighthouse and abandoned light-keeper's home. Contact coordinator John Hoover at 528-1206.

Hikers should meet at Iolani Palace at 8 a.m. A \$2 donation is requested for each nonmember, age 18 or over. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios and other audio devices are prohibited on hikes.

Check out the Hawaiian Trail and Mountain Club Web site at www.geocities.com/Yosemite/Trails/3660 for more information.



Great Aloha Run set for Feb. 21

Hundreds of runners have already registered for the 21st annual Great Aloha Run. Annually, the 8.15-mile "fun run" brings in more than 20,000 runners from Hawaii, the U.S. mainland and overseas and raises funds for more than 100 charitable organizations, community groups and for elderly care in Hawaii.

The Feb. 21 President's Day race starts at Aloha Tower Marketplace and ends at Aloha Stadium, following Nimitz Highway.

Race fees are \$18 for children 12 and under and adults 65 and older, and \$25 for individual and team runners. Entry fees raise to \$30 for adults after Jan. 21.

Registration forms can be found at the Running Room, Runners HI, Runners Route, Sports Authority, Tesoro Gas Stations and all health and fitness centers. Visit www.Great

AlohaRun.com for information.

2005 Sports Car Racing Kicks Off

The Hawaii Region of the Sports Car Club of America will host six major races in 2004 and Solo II/Autocross races on both Oahu and Maui.

•Solo II or Autocross is held at the Hawaii Raceway Park at the Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars normally compete, from stock vehicles to race cars. The event is purely amateur; anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

Points acquired throughout the year accumulate for prizes and trophies at year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship.

Races are scheduled as follows: Feb. 6, March 6, April 3, May 1, June 5, July 3, Aug. 14, Sept. 18, Oct. 2, Nov. 13 and Dec. 26. For more details, call Curtis Lee at 262-5987.

•The wheel-to-wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver's school to obtain a competition license, as the cars are raced at a much higher rate of speed (up to 140 mph) and passing is permitted.

Both the driver and vehicle must comply with a number of safety features before they are permitted race entry.

Future races will be on the following dates: Jan. 23, March 25, May 15, July 10, Sept. 5 and Nov. 26. For more information, call Ed Hollman at 488-1782.

Epilepsy Foundation of Hawaii Hosts Run/Ride

January 30, Kapiolani Community College will be the starting point of four races aimed to raise funds for the nearly 15,000 people in Hawaii with epilepsy. Three bicycle rides will start off the day with the 50-miler beginning at

7 a.m. The 25 and 10-mile races kick off at 8 a.m. and a 1-mile walk begins at 8:30 a.m. A keiki obstacle course and bike safety demonstration begins at 9:30 a.m. and is open to any registered participant. Games, entertainment, food and prizes go from 9 a.m. to noon.

First prize for the top fund-raiser is a two-night stay at the Maui Prince Resort (must raise more than \$500); second prize for top fund-raising is a free bike from the Bike Factory. The highest fund-raising team receives a pizza party.

Participants are encouraged to wear their Sharon's Ride/Walk for Epilepsy T-shirts during the entire event. Only participants wearing their T-shirts will be served at the rest areas and at the post-ride party. All participating riders must wear a helmet with no exceptions.

Registration fees are \$20 for the walk, \$25 for individual riders and \$50 for families riding together.

Participants may register online at active.com or by mail. Registration forms are available online at www.sharonforepilepsy.org/webhi/hiiinfo.html. For more information, call 528-3058.

State Offers Outdoor Education

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is Jan. 21 from 5:45 to 10 p.m. and Jan. 22 from 7:45 a.m. to 4 p.m. in Classroom A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.)

A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call

587-0200 or visit www.hawaii.gov/dlnr/Welcome.html.

Perimeter Run now Registering

Seven-member teams will trek the approximately 134 miles in 35 legs of varying lengths to complete the 2005 Perimeter Run around Oahu. The race will begin at Neal S. Blaisdell Park in Aiea and runners will race counter-clockwise around the island.

Competitors will start at various times, from 7 to 11 p.m., Feb. 26.

Entry fees are \$300 through Jan. 18, \$350 through Feb. 1, and \$400 after Feb. 1. Entries are limited to 125 teams. Entry fees must be submitted by midnight of the dates stated above. There is no guarantee of team enrollment if entry is received after Feb. 7. All entry fees are nonrefundable.

Each runner receives a T-shirt and a finisher's award. T-shirts for support crew may be ordered for \$10 per shirt on entry form. Payment for extra shirts must be submitted with the team's entry fee. Athletes can register online at www.Active.com or for more information, call 589-2646.

Ft. DeRussy to Host Biathlon

Registration has begun for the 2005 Fort DeRussy Biathlon and Keiki Run-Swim-Run. The March 12 race will start with the adults at 7 a.m. and the children at 8:20 a.m.

Athletes can choose between the long course (5K run followed by a 1K swim) and the short course (2.5K run followed by a 500M swim) along Waikiki's finest beach. Keiki distance course will be a run, swim, run format, with distances varying by age group.

Entry fees are \$18 for individual, \$16 for students and \$15 for military.

Register online at www.active.com or for more information, call 955-9151.

Hawaii Marine Accepts Briefs

Advertise sports and recreational activities by e-mailing items to editor@hawaii-marine.com, or calling 257-8836 or 257-8837.



The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “**If you don’t speak up, you won’t be heard.**”)

Who’s on the way to Super Bowl XXXIX?

Sgt. Joe Lindsay
The Goat

September 3, 2004 was a bad day for The Goat. That was the day “The Bottom Line’s” Pre-Season Super Bowl XXXIX predictions came out. After all, picking Green Bay to defeat Kansas City in the Cheese vs. Beef Bowl has The Goat looking like he’s got about as much insight as Dr. Z.

Still, notwithstanding the pre-season debacle, it is now time to get back on the proverbial horse, and to thank the editor gods for second chances. So, without further adieu, here are The Goat’s revised NFL playoff predictions.

AFC Divisional Playoffs
New York Jets vs. Pittsburgh Steelers: The Jets surprised a lot of people by flat out getting it done in San Diego last week, but don’t forget they were just a shank away from watching the Steelers play on TV. Big Ben and Co., will find a way to win.

Indianapolis Colts vs. New England Patriots: By far the hardest Divisional Playoff game to predict. Peyton Manning is so good it is scary, and many think the Colts are due, but the Patriots are proven winners who tend to win big games. Patriots win a close one.

NFC Divisional Playoffs
St. Louis Rams vs. Atlanta Falcons: The Rams

are hot and Atlanta is overrated. This is a different St. Louis team and the same old Falcon team. Rams keep the dream alive.

Minnesota Vikings vs. Philadelphia Eagles: Hard to believe the Vikings beat Green Bay. Look for the Eagles in a romp, and for Minnesota to be exposed like Randy Moss for the fraud that they are.

AFC Championship
Patriots vs. Steelers: New England has had a great run over the past few seasons, but there hasn’t been a Steelers team or quarterback like Ben Roethlisberger since the 1970s with the Steel Curtain and Terry Bradshaw. Steelers end Patriots’ mini-dynasty.

NFC Championship
Rams vs. Eagles: This is where the Eagles really start to miss T.O., but not enough to lose to St. Louis. Hard to believe but Philadelphia actually wins the NFC Championship Game. Fourth time’s the charm.

Bottom Line: After suffering through Rick Neuheisel-like withdrawal symptoms following the end of the regular season NFL office pools, The Goat now realizes that “for entertainment purposes only” is a bit of a misnomer. Nevertheless, it is going to be an all Pennsylvania Super Bowl come Feb. 6 when Pittsburgh faces off against Philadelphia.

Capt. K.D. Robbins
The Professor

Lest we review The Goat’s mediocrity in leading “The Bottom Line” readership to the not-so promised land. Besides, he just did. Therefore, for the readership that knows where their “for entertainment purposes only” bread is buttered, consider the Indianapolis Colts and Philadelphia Eagles. (Ref. Sept. 3, 2004 edition of “The Bottom Line.”)

AFC Divisional Playoffs
New York Jets at Pittsburgh Steelers: Nothing hurts more than bruised New Yorker egos. Well, almost nothing, as the menacing Steelers defense, led by the hard-hitting linebacker tandem of James Farrior and trash-talker Joey Porter, greets the limping Jets with a Heinz 57 bottle of well, you know ... Steelers 24, Jets 13.

Indianapolis Colts at New England Patriots: This is the rematch that the NFL hoped for when it modified the defensive back-wide receiver contact rule in the off-season. A healthy Patriots secondary would have their hands full with a Colts offense that appears primed for a Super Bowl run. With two weeks to prepare, Sun Tzu Belichick will keep this one close for three quarters. But, Peyton, Edgerrin,

Marvin and the rest of the ponies pull away in the end ... Colts 38, Patriots 24.

NFC Divisional Playoffs
St. Louis Rams at Atlanta Falcons: The “fastest show on turf” meets the “fastest player on earth.” While most experts see the Rams as the avant-garde pick, this Falcons team will play with a chip on its shoulder. Who would ever think that the Atlanta Falcons franchise would be on the rise? Coach Mora will let Mike Vick do what Mike Vick does and the Falcons move on ... Falcons 24, Rams 17.

Minnesota Vikings at Philadelphia Eagles: No T.O. No problem. The Vikings appear inspired following Randy Moss’ tush twist at the Lambeau faithful. However, the Eagles have too much firepower on both sides of the ball ... Eagles 30, Vikings 17.

Bottom Line: The playoffs are here: Marty Shottenheimer proves that even a Coach of the Year can get out-coached. Brett Favre is human, almost. Seattle makes much better coffee than they catch footballs and John Lynch and Champ Bailey — a Peyton Manning stopper does not make. Let us review — the Colts are a runaway train that rolls through the Steel City and the Eagles soar higher than the Falcons. Class dismissed.

READERS STRIKE BACK

“The Atlanta Falcons have a chance to dominate the NFL with their titanic strength. ...”

Dear Bottom Line,

How can you have the 2004 Best Moments in Sports without mentioning the Atlanta Falcons season in 2004? The team that through darkness rose into the 2004 season like a shiny knight on its valiant steed.

With the dynamic duo of Michael Vick and Alge Crumpler, and the meticulous rushing ferociousness of Warrick Dunn, the unstoppable Falcons have shown the world what they are made of since their horrific 1998 Super Bowl downfall. Under Jim Mora’s guidance, I

think the Atlanta Falcons have a chance to dominate the NFL with their titanic strength and overwhelming morale.

The Dirty Bird is back!!!!

Kevin Vonier
Thomasville, GA

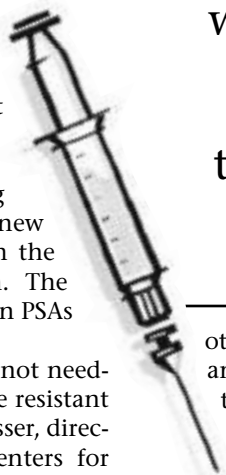
‘Get Smart’ campaign aimed at public

CDC wants public to understand when and how to use antibiotics

started one year ago by the U.S. Department of Health and Human Services, CDC, the Food and Drug Administration (FDA) and an alliance of partners including national health organizations and state and local health departments — to reverse public perceptions that ‘antibiotics cure everything.’

Building upon the success of Get Smart’s initial year, CDC is expanding the campaign’s focus. Several of the new ads are designed specifically to reach the Spanish-speaking Latino population. The campaign’s general audience television PSAs continue to air nationally.

“Taking antibiotics when they are not needed can cause some bacteria to become resistant to the antibiotic,” says Dr. Richard Besser, director of the Get Smart campaign, Centers for Disease Control and Prevention. “The fact is these resistant bacteria are stronger and harder to kill. They can stay in your body and cause severe illnesses that can’t be cured with anti-



“Taking antibiotics when they are not needed can cause some bacteria to become resistant to the antibiotic.”

— Dr. Richard Besser

otics. It’s so important to get smart about antibiotic use and work with your doctor to get the right remedy.”

The awareness campaign supports a new set of guidelines recently issued by the American Academy of Pediatrics (AAP) and the American Academy of Family Physicians (AAFP), which encourage doctors to limit the use of antibiotics

for treating ear infections in children. Among the recommendations, the guidelines advocate initial pain relief and observation measures first for otherwise healthy children with relatively mild ear infections if they can be assured of adequate follow-up. Antibiotics are only advised if the ear infection symptoms do not improve in two or three days.

“If you or your child gets sick, don’t use an antibiotic unless a doctor specifically prescribes one for you,” said Dr. Besser. “You should also ask your doctor or other health professionals about what you can do to feel better. There are many treatments available that can reduce your symptoms and get you back on your feet more quickly.”

The Get Smart campaign is supported by many public health groups, including the American Academy of Pediatrics, the American Medical Association, the American Academy of Family Physicians, the Alliance for the Prudent Use of Antibiotics and Council for Affordable Quality Healthcare.

Our **Reputation** Is Riding With You

Always respect fellow riders and the rights of others by riding responsibly and within your skill limit, obeying traffic laws and keeping the sound of your bike to a reasonable level.

(800) 446-9227 • www.msf-usa.org



“ quotable ”

A man is not finished when he is defeated.
He is finished when he quits.

— President Richard M. Nixon

SPORTS AROUND THE CORPS



Cpl. Paul Leicht

With more than 150 Marines and Sailors showing off their team spirit behind him, Lt. Col. Scott Loch, commanding officer, Marine Aircraft Logistics Squadron 16, 3rd Marine Aircraft Wing, sends a message of appreciation to America for their support during videotaping of motivational cheer at Al Asad, Iraq, Jan. 8 for the Pittsburgh Steelers National Football League team.

3rd MAW cheers on NFL from Iraq

Cpl. Paul Leicht
3rd Marine Aircraft Wing

AL ASAD, Iraq — More than 150 deployed Marines and Sailors with Marine Aviation Logistics Squadron 16, 3rd Marine Aircraft Wing, gathered here Jan. 8 to thank America for its support and to cheer their favorite NFL team during the playoffs.

Although the unit is from Miramar, Calif., MALS-16 has many Pittsburgh Steelers fans and they could be considered the squadron’s ‘adopted team.’

In the NFL post-season excitement, MALS-16 sent a cherished, collectible unit ‘challenge’ coin to the Steelers to use during the opening coin-toss. The coin was to be used during the Steelers’ first play-off game against the New York Jets, Jan. 15.

The Marines then thought it would be a good idea to record a motivated ‘shout-out’ to play during the game, rooting on the Steelers from the Iraqi desert.

“We just want to thank everyone back home for all the things they do for us and let the Steelers know we are rooting for them,” said Lt. Col. Scott Loch, command-

ing officer of MALS-16, and a native of Scranton, Penn.

On behalf of his squadron, Loch led his troops’ ‘Here we go Steelers, here we go!’ cheer with appreciation for America’s support and well wishes.

“I think everyone got into the Steelers spirit, even the (Dallas) Cowboys fans,” said Maj. James V. Longi, future operations officer, who held up a large black and yellow Steelers blanket during the cheer.

Sprinkled among the cheering crowd were some key players who helped make the day an exciting event.

Navy Cmdr. Douglas A. Lucka, aircraft depot maintenance advisor, contacted the Steelers organization about the having a MALS-16 unit coin tossed before the first game kick-off. According to Lucka the Steelers were proud to recognize the Marines during the game.

Many Marines brought their own Steelers gear and other specialty items like ‘Terrible Towels’ and T-shirts for the event. One Marine officer with a special connection to the team also brought some morale boosting Steelers swag.

“I have seen firsthand how news

of Steelers’ successes this year and the looking forward to the hearing or watching the Steelers play the next week, or just hearing how they did, has uplifted the morale of many a ‘Steelers’ Marine,” said Capt. Brian J. Rooney, deputy staff judge advocate, 3rd MAW, whose grandfather, Art Rooney, founded the team in 1933. “It was heartening just to see how the Marines reacted to getting this gear.”

“Obviously, Marines wear our names on our uniforms and inevitably many people — usually people from Pennsylvania — would ask me if I was related to the ‘Steeler’ Rooney’s,” said Rooney whose family has a deep respect for the Corps. “I have corresponded regularly with the Steelers, coaches and my family. All of the individuals I have corresponded with greatly appreciate what the Corps is doing out here.”

In a recent letter from the Steelers defensive coordinator, Dick LeBeau, Rooney said the team was ‘grateful for the job that the Marine Corps is doing.’

“The Steelers’ organization has always been proud to support the Armed Services in anyway it can,” said Rooney.

Baseball great was taught by Marine

Wade Boggs is inducted into Hall of Fame

John Gunn
USMCR Retired

GULF BREEZE,Florida — Son of a Marine vet, Wade Boggs rode an uncanny batting stroke to stardom at Fenway Park and rode a police horse at Yankee Stadium as a champion. Then last week he had the ride of his life, cruising into the Hall of Fame on the first ballot, the Associated Press reported.

The former third baseman’s 3,010 hits, .328 average, five batting titles and two Gold Gloves sent him on a swift path to the shrine — a route that matched the trajectory of the line drives that made him famous. He received 474 of 516 votes from the Baseball Writers Assn. of America.

Boggs, 46, was joined in the Hall’s class of 2005 by Ryne Sandberg, the Cubs second baseman who combined slick fielding (nine consecutive Gold Gloves) with power, led the National League with 40 home runs in 1990. Sandberg, 45, made it on his third year of eligibility with 393 votes, just beyond the 387 for the required 75 percent.

Waiting is something Boggs didn’t have to do for the Hall, or for recognition as one of the great hitters of his era. At least not after he waited through six occasionally discouraging years in the Red Sox system, starting at Elmira in 1976. Back then he and two teammates once drove to Cooperstown to visit the Hall, said the AP.

“I looked at all the memorabilia,” he said last week, “and I was pretty mesmerized. I said, ‘Wow, if I could ever make the major leagues ...’ “

He made the majors in 1982 when he proved to Red Sox manager Ralph

Houk that he could field well enough to earn a spot. Boggs batted .349 that year. He got his first hit April 26 in Chicago against Richard Dotson, and when he returned to the dugout, teammate Jerry Remy told him, “You only need 2,999 more, kid.”

Boggs did reach 3,000, with a home run Aug. 7, 1999, playing for hometown Tampa Bay Devil Rays, the AP said.

Last week, Boggs choked up a little when he spoke of his 80-year-old dad Winfield Boggs, the World War II Marine veteran and Air Force (Korea) officer who taught him the trademark inside-out swing.

The elder Boggs was at his son’s house and scheduled to receive Wade’s first autograph as a Hall of Famer.

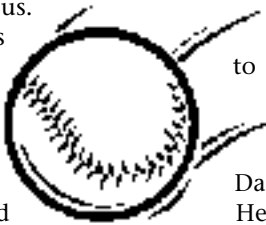
The son predicted it would read, “I love you, Dad. We made it.”

He made it with ease. The only honorees who got more votes were Nolan Ryan (491) and George Brett (488).

“I wouldn’t classify it as the end of the world had I not gotten in [this year], but I would have been disappointed because of the numbers I put up,” Boggs said. “It’s mind-boggling to be put in the category of Ryan and Brett.”

Win Boggs doesn’t move like before. His arthritis is so bad, “I can’t hardly walk no more,” Win said. Last June, surgeons found cancer and cut out a hunk of his right lung. Now there’s this aorta aneurysm. Needs fixing this month.

Win’s a tough old bear. Part of him remains the 17-year-old Marine in a Guadalcanal foxhole, finger on the trigger, not going anywhere until he says so.



HEALTH AND FITNESS

Dragging increases health risks

Press Release
City of Hope

Each January, many Americans make an important decision to quit smoking cigarettes. Making this decision is the first step on the road to a tobacco free life, but how can people really quit smoking, considering that nicotine is highly addictive?

“The most important ingredient in successful smoking cessation is for the individual smoker to make a personal decision to stop smoking in order to avoid the risks to future health,” says Frederic Grannis, M.D., a lung cancer specialist at City of Hope Cancer Center in Los Angeles. “Having said that, it must be understood that it is very hard to stop smoking. The smoker is addicted to nicotine and also has a complex behavior pattern and habit of smoking. Although some people can quit ‘cold turkey,’ without any help, most people fail on their own and need additional help.”

When people quit smoking, the body reacts to the absence of nicotine, resulting in withdrawal symptoms that can include depression, feelings of frustration or anger, irritability, difficulty sleeping, restlessness, headaches, tiredness and increased appetite.

Prospective randomized clinical research trials have shown that the three most effective methods for smoking cessation are:

Nicotine replacement therapy — The patch is probably the easiest form of nicotine replacement therapy, but some people prefer gum, inhalers or lozenges. No matter what method of nicotine replacement you prefer, be sure to follow the package insert instructions exactly.

Medical prescription — A drug called bupropion (Zyban) has been shown to be effective in increasing the chance that a smoker will be successful in smoking cessation.

Counseling — Either individual or group counseling is important. Dr. Grannis suggests six-week group sessions offered across the United States by the American Lung Association, American Heart Association or American Cancer Society. An interesting new approach for counseling is via the Internet. Individuals interested in attempting smoking cessation can seek help at the following Web sites:

- www.californiasmokershelpline.org
- www.lungusa.org/ffs
- www.cdc.gov/tobacco/how2quit.htm
- www.cancer.org
- www.tobaccofree.org/quit-ting.html

When people fail to quit smoking after trying one or two of the above methods, it may be best to combine all three approaches.

Once the physical symptoms of quitting are under control, it is time to focus on the psychological challenges. For many people, smoking is strongly linked to daily activities such as waking up, eating a meal, watching TV or drinking coffee. To cope with cravings that come at these moments, it is necessary alter your behavior. “For example, if you usually have a cigarette when you drink coffee, try taking a brisk walk instead of a coffee break, or consider drinking water or juice instead of coffee,” suggests Dr. Grannis.

Other tips:

Get rid of smoking related items such as lighters and ashtrays.

Let your friends and family know you are quitting so that you have a strong support system, or consider attending a smoking cessation class.

Avoid people and places where you are tempted to smoke until you are more confident about your ability to avoid the temptation.

Alter habits to perform activities that you don’t associate with smoking.

Try alternatives such as chewing gum, hard candy or sunflower seeds.

Find ways to keep your hands busy to distract you from the urge to smoke.

Quitting smoking is difficult, but 46 million Americans have successfully quit. For more information about lung cancer research and treatment, contact City of Hope Cancer Center at 1-800-256-HOPE or visit www.cityofhope.org.



Stay healthy: That’s an order

Maintaining mental, physical health helps boost battle readiness

Kelli Kirwan
LIFELines Service Network

The Navy and Marine Corps are so committed to promoting a healthy lifestyle that they provide education, activities and facilities to help you and your family stay healthy.

Much is expected of Sailors, Marines and their families. Active duty members are expected to stay physically fit and healthy, while family members need to be proactive in their own health and wellness, too, in order to feel good and be successful. The more you know about taking care of yourself, the better your life will be. That’s why the Navy and Marine Corps provide education, activities and facilities to help you and your family stay healthy.

Learn to Be Healthy

Navy medicine has embraced the idea that health and wellness education is a good investment in service members and their families. Wellness centers, such as the Naval Medical Clinic, Makalapa, Hawaii, offer health education classes, wellness counseling, health screenings and other resources. The clinic is also the first to offer a wellness vehicle that will travel to the workplace, bringing immunizations, blood draws, physical assessment screening and health promotion education. Information on issues such as eating right, blood pressure, cholesterol and tobacco can be presented anywhere, reaching more Sailors and their families than ever before.

Most Naval hospitals have a wellness program or health promotion classes like the ones offered at Naval Hospital Bremerton’s Everett, Wash., branch.



Topics of classes offered at the Everett branch include:

- Cardiovascular health
- Childbirth
- Cholesterol and hypertension
- Healthy back
- Infant care
- Managing stress
- Nutrition, weight control and fitness
- Parenting
- Tobacco cessation

Move Into Physical Fitness

Taking care of our health isn’t just about immunizations. It also means addressing physical fitness. The Marine Corps’ Semper Fit program provides health promotion classes and services, such as massage, injury prevention, hypertension education and control and a variety of fitness exercise classes. Yoga, kickboxing and step aerobics are just some of the ways you can keep your body in shape and add to your overall well being.

Manage Stress

Staying healthy also means learning to deal with stress. Taking control of stress in your life is a big step in preventive healthcare. Making the connection between mind, body and spirit is one way people have been successful in managing

stress. Many believe good health is all about balance in your life.

Avoid Illness

Eating right, exercising, and practicing preventive healthcare doesn’t always keep you and your family from illness. Odds are, if you walk out your front door, you’re going to be exposed to a virus or bacteria. With viruses like Severe Acute Respiratory Syndrome (SARS) and other infectious diseases, it doesn’t hurt to take routine precautions such as these, which promote a healthy lifestyle.

- Practice consistent and proper hand washing.
- Routinely use common household cleaners and disinfectants.
- Use antibiotics properly, as directed by your doctor.
- Get immunized.
- Handle and prepare food safely.
- Keep pets healthy.

Life today is global, fast paced and stress filled. It is every person’s responsibility to take care of him or herself. The Navy and Marine Corps are helping provide the tools to do that through various programs and facilities. Now it is up to you and your family to do your part and stay healthy.

CSSG-3, From C-1

catching up, CSSG-3 mounted an attack lead by Thomas resulting in plays that ended in four unanswered points making it 12–4.

In light of defensive pressure and offensive attack put on the Bulldogs by CSSG-3, 1/12 was forced to call a time to regroup.

Returning from the time out, the Bulldogs got a few lucky breaks with foul shots, but were still unable to make the rock fall in the bucket otherwise.

CSSG-3, on the other hand, continued to apply points to their side of the scoreboard, dominating the court for the remainder of the half and closed it out with the scoreboard leaning largely in their favor, 20–9.

The second half began and from the opening series of shots, it appeared as if the Bulldogs had rallied an attempt to close the gap. With a series of buckets made by Bulldogs Defonsio Daniels and Thomas Moates, they were able to bring the score to 20–13.

However, CSSG-3 quickly extinguished their momentum as they took control of the court on both ends and scored 18 unanswered points, bringing the score to 38–13.

Daniels and Chris Spinazzola were not willing to submit to defeat, and scored a few buckets from inside the key to set the scoreboard at 23 on their end. But, the relentless onslaught by CSSG-3 continued as James Richardson ensured no chance of a comeback, ending the game 48–23, CSSG-3.

According to Reyna, his team performed well, but there is always room for improvement.

“The strength of our team is that we have old and young players. This can also be considered our weakness,” said Reyna. “This first game was played like a pre-season game ... there were lots of turnovers, sloppy ball handling and forced shots. I was pleased with our defense, which managed to disrupt the opposing team and led to numerous turnovers and easy fast break points. Thomas was big for us on offense. The few times we did slow the ball down and run a half court offense; he was able to hit baskets from the

post and the perimeter. When your shot is on like his was tonight, there’s no defense in the world that will make a difference.”

Reyna also added that operations tempo will decrease their playing time for a little while. However, when they return they [CSSG-3] will definitely be a force to watch out for.

“Once we return from HCAX 05-1 in February, our team will have a chance to begin to gel. Right now, we’re just getting used to being on the court. With the number of players and talent that we have on this team, there’s no reason why we shouldn’t win the base championship,” Reyna said. “Also, we have two key players, Antwan Macon and Paul Stewart, who are currently deployed Upon their return we will be dominant in the post and the backcourt.”



Sgt. Joseph A. Lee

John Moore of Combat Service Support Group 3, shows off some aerial acrobatics above an amazed Bulldog, as he makes one of many lay-ups that contributed to the CSSG-3 win Monday night.

YOUTH: Leagues seek athletes

From C-2

only \$25, and \$15 for each additional child annually.

“Aside from the benefit of lower sports league costs, Youth Activities membership offers numerous benefits throughout the year,” added Kawada. “This includes free entry to different events we hold, access to our programs, a Boys and Girls Clubs of America membership and an open invitation to our facilities such as the Youth & Teen Center.”

Youth Activities programs are made possible from the support of Windward Community Federal Credit Union.

Sign up your kids beginning this Monday at the Youth Activities Building 5082, Monday through Friday from 9 a.m. until 5:30 p.m., or call 254-7610 to register.

Camp Smith and Manana Housing Youth Activities programs are also available and can be contacted at 456-1662.



Cpl. Jessica M. Mills

Registration for many youth athletic programs is now underway. Children who are members at K-Bay’s Youth Activities Center receive special pricing for activities in addition to other benefits.

BOXING, From C-1

Colo.”

Having just returned from the Staff Academy at Camp Pendleton, Calif., Crisp had only found out about the USA Boxing Hawaii State Championship two weeks ago.

“I’m really not too worried about whether I win or lose,” said Crisp. “If I can get the chance to fight, I’ll take it.”

Wilfred Davis has been coaching Crisp for only a short while, but sees great potential in the fighter already.

“I’ve been coaching boxing since 1986, and seeing him fight, I can see he has a lot of talent,” said Davis. “He hasn’t had a lot of training for this fight, but I think he stands a good chance.”

According to Crisp, he has always been a fit person and continues to train on his own while being away from the boxing gym.

“I always stay in good physical condition, but what I need is more sparring time,” said Crisp. “You can only do so much on your own, but we’ll see if my skills will be enough.”

Although he may not have as much practice as his competitor, Crisp said he is just going to have to make a fist and throw it out hard.

“I also have a great coach, and I think that has a lot to do with my potential success,” said Crisp. “We’ll just see if we can make it happen.

Crisp is boxing for the Fighters Unlimited Boxing Club and will be in the 201 lb. Heavy weight class for the fight.

The USA Hawaii State Championship is being held tonight and Saturday night at 7 p.m., and Sunday at noon at Kahuna’s.

ADVENTURE, From C-1

mountain bike journey deep into the Koolau Mountains. In addition to technical single track and lung-busting climbs, racers faced elevation gains from sea level to 650 feet in a matter of minutes. The last of three checkpoints during this portion was atop a steep rock-strewn spur that swallowed a few competitors on their downhill return. As compensation for their near continuous anaerobic threshold efforts, racers were treated to some of the sweetest off-road cycling and vistas offered on Oahu, as well as numerous sacred Hawaiian sites.

The trail running portion of the race took teams from the foothills deep into the belly and rainforests of the mighty Koolaus. Terrain association, once again, was a decisive factor during this leg as racers traversed numerous draws, creek beds and streams. There was plenty of water, mud and beautiful tropical flora to be found — even a little bouldering!

The final checkpoint and crown jewel of the race was the rope course where racers had to ascend, traverse and then rappel down a series of fixed ropes anchored between 150 foot ancient Monkey Pod trees. The imposing “fixed ropes monster” proved to be the most challenging aspect of the race for some.

After a final push to the finish, teams faced one last task to perform — an environmental sensitivity project. Racers were required to remove all seeds from their clothing to prevent infestation of weeds and invasive plants within Kualoa’s coastal Molii Gardens.

“The race was long and grueling, but a lot of fun,” said Jones. “It was a real test of land navigation skills and endurance. The teams had to negotiate a maze of trails and dirt roads that cut through the thick jungle and steep mountain landscape to find flags. At the flags the team would mark a punch card to prove they had made it to that checkpoint and would then navigate to the next checkpoint.”

One of the most interesting aspects of adventure racing is that any team can do



well, possibly even win, despite weaknesses in certain disciplines. It is an event where 100 things can go right and 100 things can go wrong for any team.

According to Army racer, Mike Lwin, “If you don’t know how to read a map, forget key equipment or cannot function as a team, fitness is irrelevant ... there is also a big mental aspect to this sport. Events such as these also require you to sweat the details — particularly in planning and preparations. Knowledge and experience in basic planning processes such as the ‘Mission Analysis’ can give military teams an extra edge. Obviously, [service members] can benefit from competing in adventure races because they exercise and keep you sharp in such skills.”

The Adventure Race Hawaii series continues in 2005 with at least three more races in the planning phase. Race 1, scheduled for April 9, will feature an urban format in Honolulu’s famous Waikiki, while Race 2, a 24-hour off-road adventure race on Oahu’s famous North Shore, is scheduled for June 25 and 26. The third race in the series will revisit Kualoa Ranch in late August with a 4 – 6 hour sprint format.

To foster military participation in the sport, Adventure Race Hawaii is offering to sponsor one team from each of the respective military services for upcoming races. Sponsorship includes waiving all race fees, and any costs associated with required certifications and clinics.

For more information, visit www.adventure-racehawaii.com, or contact John O’Malley at 372-6018 after duty hours.



Photo Courtesy of Twain Newhart

David J. Pangelinan and Lisa M. Parrott of Base Properties work out their next move during the Adventure Race, Dec. 19.